

Freeport Recreation Center

INC. VILLAGE OF FREEPORT

130 East Merrick Road

Freeport, NY 11520

(516) 377-2314 FAX (516) 377-2318



Fall Registration

September 2015

Freeport Residents:

Saturday,

September 19th

8:00AM-11:00AM

Non-Residents:

Sunday, September 20th

8:00AM-11:00AM



Winter Registration

January 2016

Freeport Residents: Saturday, January 9th

8:00AM-11:00AM

Non-Residents: Sunday, January 10th

8:00AM-11:00AM

Table of Contents

Welcome to another exciting season at the Freeport Recreation Center. Please thumb through our Brochure to see all the fun things we have to offer!

Page 3: Recreation Center general Information

Page 4: Children's Programs

- Acting 101

- Art

- Basketball Clinic

- Broadway and You

Page 5: Children's Programs

- Crafts and Creativity

- Dance

- Fencing

- Gym Program

Page 6: Children's Programs

- Karate

- Mom & Tot

- Quick Start Tennis

Page 7: Children's Programs

- Kids Yoga

- Kids Zumba

- Spirit Drum (New this year!)

Page 8 & 9: Swim Classes

Page 10: Senior Program Information

Page 11: Adult Programs

- Aquacise

- Deep Water Running

- Adult Swim Lessons

Page 12: Adult Programs

- Adult Fencing

- Zumba

Page 13: Group Fitness Classes

- Body, Mind, Spirit

- Boot Camp

- Hula Hooping Workout (New this year!)

- Yoga

Page 14: Triple Play Dates & Special Events

Page 15: Ice Rink Information

Hours of Operation

Monday-Friday 6:15am-10pm*
Saturday & Sunday 7:00am-6:00pm*

Saturday & Sunday: Swimming pool opens at 10am.
(**ALL activities end 1/2 hr before closing)

Plans and Activity Cards may be purchased Monday-Friday 9am-8pm
Saturday & Sunday 10am-4pm

Village Holidays

CLOSED ALL DAY

Labor Day Presidents Day
Thanksgiving Easter Sunday
Christmas Day Memorial Day
New Year's Day Fourth of July
Martin Luther King Jr. Day

EARLY CLOSING (5PM)

Columbus Day Christmas Eve
Veteran's Day New Year's Eve
Thanksgiving Eve Good Friday
Day After Thanksgiving
Mother's and Father's Day –2pm closing

Plans

	RESIDENT	NON-RESIDENT
INDIVIDUAL		
12 Month	\$225	\$315
*6 Month	\$135	\$190
Summer	\$112	\$158
SENIOR (60) & HANDICAPPED		
12 Month	\$175	\$240
*6 Month	\$105	\$145
Summer	\$88	\$120
CHILD		
12 Month	\$200	\$275
*6 Month	\$120	\$165
Summer	\$100	\$137
COUPLE		
12 Month	\$400	\$500
*6 Month	\$240	\$300
Summer	\$200	\$250
FAMILY		
12 Month	\$465	\$650
*6 Month	\$280	\$390
Summer	\$232	\$325

Daily Admission

RESIDENT		NON-RESIDENT	
ADULT	\$6	ADULT	\$10
CHILD/SENIOR OR HANDI-CAPPED	\$4	CHILD/SENIOR OR HANDI-CAPPED	\$8
HANDI-CAPPED CHILD	\$3	HANDI-CAPPED CHILD	\$5
ONE DAY PASS WITHOUT CARD	\$10	ONE DAY PASS WITH-OUT CARD	\$12

SUMMER MEMBERSHIPS ARE AVAILABLE FROM JULY 1ST THROUGH LABOR DAY.

ACTIVITY CARDS:

RESIDENTS \$5.00 AGES 3 & UP—PROOF OF RESIDENCY REQUIRED ANNUALLY; PICTURE ID AND UTILITY BILL. CHILDREN MUST HAVE FREEPORT REPORT CARD OR INVOICE/STATEMENT FROM SCHOOL. MANAGEMENT MAY ACCEPT OTHER OFFICIAL SUBSTITUTES.
NON-RESIDENTS \$10.00 AGES 3 & UP

- SENIOR: 60 & OVER
- FAMILY PLAN: SPOUSES AND CHILDREN 21 YEARS OLD & YOUNGER, UNMARRIED, LIVING AT THE SAME RESIDENCE
- COUPLE: TWO ADULTS LIVING IN THE SAME RESIDENCE.
- HANDICAPPED: PERMANENT PHYSICALLY DISABLED OR MENTALLY CHALLENGED PERSON WITH NYS ACCESS PASS CARD OR NASSAU COUNTY LEISURE PASS
- CREDIT CARD FEE OF 2.5% CHARGED TO ALL CREDIT PURCHASES

ALL PATRONS MUST HOLD A CURRENT ACTIVITY CARD
THERE ARE NO REFUNDS, CREDITS OR PRO-RATES
PROGRAMS AND FEES SUBJECT TO CHANGE

CHILDRENS PROGRAMS

***UNLESS NOTED, ALL CHILDREN'S PROGRAMS ARE 8 WEEK SESSIONS**

ART Ages 9-12 years

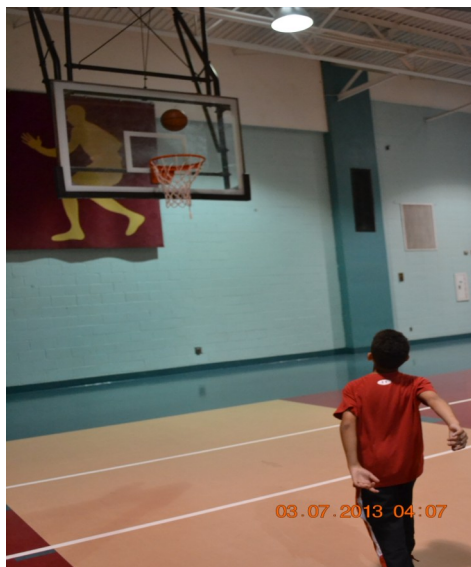
Instruction in a variety of styles and media.

Mondays 4:30-6pm Ages 9-12 years
or
Saturdays 12:30-2pm

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: Monday: October 5
Saturday: September 26

WINTER START DATE: Monday January 25
Saturday January 16



BASKETBALL

This clinic will include dribbling, passing, shooting, footwork and scrimmages.

Tuesdays 6pm-7pm Grades 1st-3rd
7pm-8pm Grades 4th-6th

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: September 29

WINTER START DATE: January 19

ACTING 101 3rd-8th grade

Learn how to read a script, do improv, prepare for auditions. Also will include acting games, and an all around fun time!!

Wednesdays 5:45-6:30pm

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: September 30

WINTER START DATE: January 20

BROADWAY & YOU 3rd-8th grade 2 hr. class

A musical production for children who like to act, sing and dance. This is a 24 week session.

Fridays 5:00pm-7:00pm

FEE: Res. \$225 Non-Res. \$250

START DATE: October 2

***Additional costume and supplies fee**

BROADWAY & YOU JUNIOR K-2nd grade

An introduction to Broadway & You. The children will learn to act, sing and dance.

Wednesdays 4:30pm-5:30pm

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: September 30

:

WINTER START DATE: January 20

CRAFTS AND CREATIVITY

Saturdays Ages: 4yrs.-5yrs.:10:15am-11am
6yrs.-8yrs: 11:30am-12:15pm

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: September 26

WINTER START DATE: January 16



DANCE: Class is held on Saturdays

Basic Ballet	Age 4-5 yrs.	9:30am-10:15am
Ballet/Tap Combo	Age 6-8yrs	10:15am-11:30am
Tap/Jazz Combo	Age 9-11yrs	11:30am-12:45pm

Registration for this program is one time only. This program
Consists of a 20 week session with a performance in March.

FEE: Basic Ballet Res. \$135 Non-Res. \$160
Ballet/Tap & Tap/Jazz: Res. \$160 Non-Res. \$185

START DATE: October 3

FENCING

Skills & fundamentals taught with opportunity to
compete. Equipment provided.

Ages 9 & up

Saturdays Beg. 9:45-10:30am
Int. 9-9:45am

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: September 26

WINTER START DATE: January 16



GYM PROGRAM

Fun with concentration on fitness, developmental
exercises, sports, & games.

Tuesdays 4-5pm Ages: 4-6 yrs

FEE: Res. \$45 Non. Res \$60

FALL START DATE: September 29

WINTER STAR DATE: January 19

KARATE Designed to teach basic concepts of self defense

Ages: 5-11 yrs. **PER MONTH FEE**

Tuesday & Friday Pee Wee 5-6pm, Jrs. 6-7pm, Adv. 7-8pm
Tues. & Fri. Fees: Res. \$85.00 Non-Res. \$100

Wednesday Pee Wee 5-6pm, Jrs. 6-7pm, Adv. 7-8pm
Wednesday Fees: Res. \$42.50 Non-Res. \$50.00

Payments are due on the 1st of the month
***Please note that this is an on-going program.**



MOM & TOT

Program designed for parent and child.
Includes movement exploration, exercise, rhythm
activities, games and motor skill development.

Saturdays 10:30-11:15 Ages 1 1/2 to 2
1/2yrs.

FEE: Res. \$45 Non. Res. \$60

FALL START DATE: September 26

WINTER START DATE: January 16

QUICK START TENNIS

Ages 6 to 11 years old

Boys and Girls

A play format to bring kids into the game with specialized
equipment, tailored to age and size.

Wednesdays: 4:00PM-5:00PM Ages 6 to 8 years
5:00PM-6:00PM Ages 9 to 11 years

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: September 23

WINTER START DATE: January 20

KIDS YOGA

Ages 5 to 9 years old

Yoga for kids encourages healthy self-esteem, body awareness, and cooperation with others in a non-competitive space. Yoga will enhance your child's flexibility, strength, and coordination. There will be a focus on breathing and relaxation techniques as well as time for art therapy!

Tuesdays 5:00-6:00 PM OR Thursdays 5:00-6:00 PM

FEE: Resident \$45 Non-Resident \$60

FALL START DATES: Tuesday: September 29
Thursday: October 1

WINTER START DATES: Tuesday: January 19
Thursday: January 21

Kids Zumba

Ages 8 to 12 years old

A fun-filled hour of movement in a party-like atmosphere including reggaetone, hip hop, salsa, meringue & latin American beats. A great way to burn off a lot of energy!

Tuesdays 4:00-5:00PM

FEE: Resident \$45 Non-Resident \$60

FALL START DATE: September 29

WINTER START DATE: January 19

****New this Fall****

Spirit Drum

The mission of this class is to teach children the natural rhythm that is within each of us. This class will focus on some technique, while the teacher guides the child to their own unique rhythm. Join us for a fun-filled hour of learning and exploration!

Drums are provided

Thursdays 6pm-7pm: 1st-3rd grade
7pm-8pm: 4th-6th grade

FEE: Resident \$45 Non-Resident \$60

FALL START DATE: October 1

WINTER START DATE: January 21



SWIM LESSONS

SWIM LESSONS

Saturdays: 10 WEEK SESSION

FEE: Resident \$75 Non-Res. \$115

FALL START DATE: September 26

WINTER START DATE: January 16

Levels 1-5 are ages 6 and up

Level A - Parent & Child Aquatics 8:30-9am OR 9:15-9:45am Ages 6months.-5yrs.

Parent accompanies child in water; includes water adjustment front and back floating, breath control, water exit.

Level 1 - Introduction to water skills 8:30-9am OR 9:30-10am

Skills include breath control and underwater swimming, Floating, treading water, swimming with arm & leg action on front and back.

Level 2 - Fundamental Aquatic skills 8:30-9am

Skills include breath control, buoyancy on front and back, swimming and changing direction, swimming on side; swim 15 feet using arm and leg action.

Level 3 - Stroke Development 9:30-10am

Skills include breath control and underwater swimming, buoyancy on front and back, front and back crawl; Introduction to backstroke and butterfly.

Level 4 - Stroke Improvement 8-8:30am

Skills include swim front crawl 25 yds., elementary backstroke, breast stroke, butterfly.

Level 5 - Stroke Refinement 9:30-10am

Endurance and stroke coordination in the freestyle, backstroke, and breaststroke. Introduction to the butterfly.

Level 6 - Fitness Swimmer 10am-11am Res. \$135 Non. Res. \$225

Refine strokes to swim with greater ease, efficiency and power. Competitive starts and turns for racing. Use of fins, paddles and pull buoys for endurance.

Requirements: Must complete level 5

Private Swim Lessons

One on One lesson with trained and certified Water Safety Instructors. All levels accepted.

\$30 per 1/2 hour lesson

SWIM TEAM

FEE: Resident \$175 Non-Res. \$235

The Freeport Devil's are a part of the Nassau County Municipal Swim Conference. This program runs November 2015 through March 2016, with approximately 4 practices scheduled per week during the course of the program. The team will compete against 9 other Nassau County teams. Meets will be announced. Freeport will accept all swimmers ages 6 through 16 years of age.

Parent's Orientation and Swim Team sign-up—October 21st at 7pm.

Stroke Clinic Ages 6-16yrs

FEE: Resident \$75 Non-Res. \$85

This pre-swim team stroke clinic is recommended for beginner through experienced swimmers who wish to prepare for the upcoming swim team season. The clinic will focus on the fundamentals of competitive swimming which include the four basic strokes, starts, turns and endurance. For the beginner it is a great way to get a feel for team participation and for the experienced it is an opportunity to develop and refine your current techniques.

12 sessions in October on Monday, Wednesday and Thursday: October 5, 7, 8, 14, 15, 19, 21, 22, 26, 28, 29 Nov. 2

8 years & Under-6:30pm

9-16 years-6:30-7:30pm



Red Cross Certification Training Classes

The Freeport Recreation Center will provide training classes for the following certifications:

- CPR/AED for the Professional Rescuer
- First Aid
- Responding to Emergencies
- WSI—Water Safety Instructor

Please call 377-2311 and ask for Bonnie to arrange for a class for yourself or your group.

SENIOR PROGRAMS

Pick up the PACE

People with arthritis CAN exercise!

TIMES: Tuesdays 10:00-10:45am

FEE: \$34

FALL DATES: Oct. 6, 13, 20, 27 Nov. 10, 17, 24
Dec. 1

* Please see separate flyer for Winter dates.

Tai Chi

TIMES: Thursdays 12:30-1:30PM

FEE: \$34

***Registration for fall will begin September 8th.**

FALL DATES: Sept. 17, 24 Oct. 1, 8, 15, 22, 29 Nov. 5

*Please see separate flyer for winter dates.

Additional Senior Activities:

-Senior Crafts Program: Fridays 10:00am-2:00pm (meet in Rm 103)

-Meditation Class for Seniors: Wednesdays 1:00-2:30pm (meet in Rm. 102)

-Movie Day in the Senior Lounge: Last Thursday of the Month

-Pickleball: Monday-Friday 9:00am-1:00pm (meet in Gym)

-Volleyball: Tuesdays & Thursdays : 10:00am-12:00pm (meet in Gym)

-Senior Center: open daily from 9:00am-5:00pm

*Golden Gathering (Sponsored by the Village of Freeport and Senator Venditto): October 22nd from 9:00am-1:00pm

*Please call Bruce Burnham at 516-771-4194 or come to the main office for more information regarding Senior Programs.

****All dates, times and rooms are subject to change!**



ADULT PROGRAMS ages 16 & up

AQUACISE

Shallow water, minimal strain exercise

TIMES: Mon. 9-9:45am Wed. 9-9:45am Fri. 9-9:45am

FEE:	Resident	\$75	Resident. Senior	\$67.50
	Non-Res.	\$115	Non-Res. Senior	\$103.50

FALL DATES: Mon. Sept. 28 Oct. 5, 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7
Wed. Sept. 30 Oct. 7, 14, 21, 28 Nov. 4, 18 Dec. 2, 9, 16
Fri. Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20 Dec. 4

WINTER DATES: Mon. Jan. 25 Feb. 1, 8, 22, 29 Mar. 7, 14, 21, 28 Apr. 4
Wed. Jan. 20, 27 Feb. 3, 10, 17, 24 Mar. 2, 9, 16, 23
Fri. Jan. 22, 29 Feb. 5, 12, 19, 26 Mar. 4, 11, 18, 25



DEEP WATER RUNNING

Various exercises done in deep water using Aqua-Belts.

TIMES: Mon. and Wed. 11am-12pm

FEE:	Resident	\$75	Resident. Senior	\$67.50
	Non-Res.	\$115	Non-Res. Senior	\$103.50

Session 1 Mon. Sept. 28 Oct. 5, 19, 26 Nov. 2
Wed. Sept. 30 Oct. 7, 14, 21, 28

Session 2 Mon. Nov. 9, 16, 23, 30 Dec. 7
Wed. Nov. 4, 18 Dec. 2, 9, 16

SWIM INSTRUCTION

Beginner and Advanced Beginner

Wednesdays 7:30-8:30pm

FEE: Res. \$75 Non. Res. \$115

FALL DATES: Sept. 30 Oct. 7, 14, 21, 28 Nov. 4, 18 Dec. 2, 9, 16

WINTER DATES: Jan. 20, 27 Feb. 3, 10, 17, 24
Mar. 2, 9, 16, 23

FENCING

Learn basics, loosen up, stretch, footwork, attack & parries. Equipment available.

MONDAYS Beg. 7:30-8:15pm
Int. 8:15-9pm

FEE: Res. \$55 Non-Res. \$70

FALL DATES: Sept. 28 Oct. 5, 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7

WINTER DATES: Jan. 25 Feb. 1, 8, 22, 29 Mar. 7, 14, 21, 28, Apr. 4

ZUMBA

Zumba® Fitness fuses international rhythms with easy to follow dance moves creating a dynamic, exciting and FUN based class that feels more like a night out dancing than a workout. Party yourself into shape while mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness class that is great for both the body and mind.
Zumba is for everybody and every body!
Come join the party with our awesome instructor, Traci!!!!

****Registration for this class begins on September 1st.**

FALL DATES: Sept. 14, 21, 28 Oct. 5, 19, 26 Nov. 2, 9, 16, 23

*Please see separate flyer for winter dates.

Mondays 7:30PM-8:30PM

FEE: Res. \$55.00 Non. Res. \$70.00



Group Fitness Classes

A 10 Class Group Fitness Punch Card must be purchased for each individual class.

This card will allow your entrance into that class only.

Punch cards do have an expiration date.

CARD FEES:

Resident	\$50	Resident Senior	\$45
Non-Resident	\$65	Non-Resident Senior	\$60

BODY, MIND & SPIRIT WORKOUT

Get motivated and fit while having fun in a safe, non-judgmental atmosphere.

Tuesdays 5:45-6:45PM Saturdays 9:00-10:00AM

Thursdays 5:45-6:45PM

BOOT CAMP

If you want a full body workout, than this class is for you!

This class will be very similar to Insanity and P90X...it's a killer, but the results will be worth it!

Tuesdays 6:30-7:30AM

Thursdays 6:30-7:30AM & 7:00-8:00PM

New this Fall

HULA HOOPING WORKOUT (Classes will begin as of September 21st)

Weighted hoops provided with toning exercises and a choreographed workout.

Hoopng is fun, gentle and feels great!

Mondays 6:00-7:00PM

YOGA (Classes will begin as of September 21st)

A dynamic series of postures which will increase your flexibility, strength and stamina for over all body awareness.

Mondays 5:00-6:00PM



Triple Plays

Swim-Skate-Sports

During the school break bring your children to our “Triple Play” program.

- Swim in our indoor heated pool
- Ice skate in our indoor ice rink
 - Sports in our gymnasium

Dates

Monday	December 28, 2015
Tuesday	December 29, 2015
Wednesday	December 30, 2015
Thursday	December 31, 2015

Tuesday	February 16, 2016
Wednesday	February 17, 2016
Thursday	February 18, 2016
Friday	February 19, 2016

SPECIAL EVENTS

Village of Freeport Fall Festival

Sunday October 18, 2015 will include a parade, rides & more!

Halloween Parade : Saturday October 31, 2015

Parade at 1:15pm, Special entertainment at 1:30pm

Tree Lighting with Santa’s Arrival / Ice Show: December 12, 2015

Santa arrives at 6:00pm, Ice Show at 7:00pm

Summer Registration for Camps and Programs

Res. Sat. April 16, 2016 Non. Res. Sun. April 17, 2016

Summer Swim Registration

Res. Sat. May 14, 2016 Non. Res. Sun. May 15, 2016

Check for our summer brochure in March for more info @ www.freeportny.gov

FREEPORT RECREATION ICE RINK

Rink Opens: October 22, 2015

Closes: March 26, 2016

Hours Of Operation

Public Sessions

Thursday	4:00-6:00PM
Friday	7:45-9:30PM
Saturday	1:00-3:00PM
Sunday	1:30-3:00PM & 3:15-4:45PM

*All sessions are subject to change.

Puck Shoot: October 23-April 22

Friday 1:15-4:15pm

Figure Skating Freestyle Sessions: Sept. 15-April 21

Monday	3:00-5:00PM
Tuesday	6:00-8:00AM & 4:00-6:00PM
Wednesday	3:00-4:45pm
Thursday	6:00-8:00AM & 3:00-4:00PM

Arrows Youth Hockey: Sept. 8-April 29

Please visit www.arrowsyouthhockey.org

OR

Call: Rob Albi (516) 351-8562

Freeport Skating Academy

Skating School Office Hours:

Thursdays: 10:00am-6:00pm Saturdays & Sundays: 12:00pm-3:00pm

Lessons are available for ages 3 & up. There are group lessons and private lessons available.

For more detailed information call: Liz Eldredge (516) 771-4195 or visit www.freeportskatingacademy.com

For all other Hockey or Ice Rink inquiries please call (516) 771-4191



***Incorporated Village of Freeport
46 N. Ocean Ave.
Freeport, NY 11520***

Robert T. Kennedy, Mayor



Jorge Martinez , Deputy Mayor

***Trustees
Ron Ellerbe
Carmen Piñeyro
Debra Mulé***

***Victoria Dinielli
Manager, Recreation Center***

